

Week of April 14, 2003: MaineDOT Flash Facts

Topic: Bicycle Safety

Monday:

Opener:

The weather's warming up and that means more bicycles out on the roads. What **are** the rules for bike safety? What do bicyclists need to know? More after the break.

Flash Facts:

If you ride a bicycle for fun or exercise, the warmer weather means you'll be out on the roads any day now. Last year, the MaineDOT says there were almost 200 bicycle crashes in Maine, most of which resulted in injuries. What do riders need to know to stay safe?

- A bicyclist should follow the same rules of the road as any other vehicle.
 - ✓ Ride in the same direction as the traffic.
 - ✓ Obey all traffic laws, signs and signals.
- Ride as far to the right as you can and check carefully before turning or changing lanes. (On city streets leave room between you and doors opening from parked vehicles.)

On Wednesday, we'll talk about what a **driver** needs to know about bicycle safety.

Be A Bicycle Road Model. Follow the rules of the road.

Wednesday

Opener:

People who ride bicycles on the road are subject to the same rules as cars. What does this mean to you if you're behind the wheel of a car? More after the break with Flash Facts.

Flash Facts:

The MaineDOT reports that the majority of bicycle crashes result in injury. If you're behind the wheel of a car, what can you do to make the road a safer place for bicyclists?

- Remember, bicyclists are very vulnerable to injury. Drivers should give bicyclists the same courtesy they give other drivers.
- When passing, give the bicyclist at least three feet of space and reduce speed.
- Only pass bicyclists when you can see there is no oncoming traffic a safe distance ahead. Be patient, waiting an extra couple of seconds can prevent a serious crash.
- Do not turn in front of bicyclists unless you can do so safely.

Be A Road Model - treat bicyclists with courtesy.

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Friday:

Opener: If you're out there riding your bicycle this spring - or if your kids are - the MaineDOT has some important tips for your safety. More after the break.

Flash Facts:

The MaineDOT reports that there are more than 200 bicycle crashes a year, which result in almost as many injuries and a significant number of deaths. Here's what you can do to make sure this doesn't happen to you.

- Make sure your bicycle has reflectors that can be seen in all directions - front, back and side.
- Always use a headlight and taillight at night.
- Help drivers see you by wearing reflective clothing.
- If you're part of a group, ride in single file.
- Always wear a helmet.

Be A Road Model. Obey all traffic laws and ride responsibly.